

TAMPA BAY'S

# Health & Wellness<sup>®</sup> MAGAZINE

May 2025

Tampa Bay Edition - Monthly

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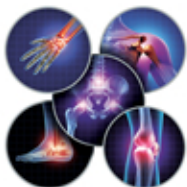
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# Non-Drug Help for Anxiety, Depression, and Insomnia?

**S**aving Your Brain is a state-of-the-art facility that offers non-drug programs that offer viable solutions for almost any neurodevelopmental, behavioral, academic, psychological, or mental health issue. Currently we are seeing people from age 2 to age 88 and every age group in between. Some of our younger school age children and young adults we help have been diagnosed with conditions such as ADHD, Dyslexia, Social anxiety, OCD, ODD, and Autism Spectrum. We help children and adults who have been diagnosed with anxiety and depression. We work with people that have auto-immune issues. We help people who have had traumatic brain injuries or strokes. We also help aging adults improve their memory and balance and other symptoms associated with Alzheimer's.

All of the above conditions except TBI, Strokes, and Alzheimer's fall under the heading of "Functional Disconnection Syndrome". There is no pathology in the brain, there is just a functional imbalance between the two hemispheres of the brain. We have found there are several common features in all the conditions that were mentioned earlier. There are some commonalities that are found in every significant academic, behavioral, psychological, or mental health issue. They are the following: retained primitive reflexes, a weakness in one or more of the three major sensory systems that develop and grow the brain – the postural/balance system, the vestibular system, or the oculomotor system, a weakness in either the left or right cerebellum, and a weakness in the opposite hemisphere. The retained primitive reflexes are associated with a hard-wired negative neurobehavior. This can make us a bit "quirky". Integrating the primitive reflexes makes us less "quirky". In the case of Alzheimer's, there has been damage done in certain areas. Even when the brain has been injured, it often can re-route pathways to compensate.

Chronic anxiety, depression, and insomnia are symptoms that fall under the heading of "Functional Disconnection Syndrome". These problems are associated with retained primitive reflexes and hemispheric brain imbalance. These symptoms are on the rise. The following are some up to date statistics on these maladies which are frightening!

General Anxiety Disorder affects 6.8 million adults or 3.1% of the U.S. population, yet only 43.2% are receiving treatment. Women are twice as likely to be affected as men. GAD often co-occurs with major depression.

**Panic Disorder (PD)** - PD affects 6 million adults or 2.7% of the U.S. population. Women are twice as likely to be affected as men.

**Social Anxiety Disorder - SAD** affects 15 million adults or 7.1% of the U.S. population. SAD is equally common among men and women and typically begins around age 13. According to a 2007 ADAA survey, 36% of people with social anxiety disorder report - experiencing symptoms for 10 or more years before seeking help.

**Specific Phobias** - Specific phobias affect 19.3 million adults or 9.1% of the U.S. population. Women are twice as likely to be affected than men. Symptoms typically begin in childhood; the average age of onset is 7 years old. Obsessive-compulsive disorder (OCD) and posttraumatic stress disorder (PTSD) are closely related to anxiety disorders, which some may experience at the same time, - along with depression.

- 27.3% of American adults have anxiety problems.
- Anxiety disorders affect 3.94% of the worldwide population.
- 41.7% of young adults (18 to 29 years) suffer from anxiety.
- 9.4% of children in the US have anxiety.
- 36% of teens experienced higher anxiety levels during the pandemic.
- 31% of college students have an anxiety diagnosis.
- The prevalence of anxiety disorders in the US is higher in women at 30.8% than in men at 23.5%.
- 7.1% of the US population has social anxiety disorder.
- 94% of the workers feel stressed out at work.
- The COVID-19 pandemic caused a 25% increase in anxiety prevalence.
- 60.76% of healthcare workers felt higher fear and anxiety levels due to COVID-19 virus exposure.
- Only 36.9% seek treatment for anxiety disorders.

- Based on diagnostic interview data from the *Notional Comorbidity Study Replication (NCS-R)*,
  - An estimated 19.1% of U.S. adults had any anxiety disorder in the past year.
  - Past year prevalence of any anxiety disorder was higher for females (23.4%) than for males (14.3%).
- An estimated 31.1% of U.S. adults experience any anxiety disorder at some time in their lives.
- Anxiety levels usually peak between the ages of 40 to 59.
- Panic disorders affect over 6 million people in the US.
- Antidepressant use increases with age, with 19% of those over 60 taking them.
- 3.6% of the population have anxiety, as per anxiety statistics worldwide from 2020.
- Four in ten US adults have depression or anxiety symptoms due to the pandemic.
- Almost 3%-5% of children have math anxiety, as per anxiety in children statistics.
- 8% of children and teenagers worldwide have an anxiety disorder.
- 2.2 million Americans have obsessive-compulsive disorder (OCD).
- 25 million people in the EU have anxiety, as per stats on anxiety prevalence.
- 19 million Americans have specific phobias.

The prevalence of major depressive episode was highest among women whose rates of depression during their lifetimes climbed from 26.2% in 2017 to 36.7% in 2023. Rates of those with current depression increased from 17.6% to 23.8% over the same period. By comparison, men with depression during their lifetimes saw a smaller increase from 17.7% in 2017 to 20.4% in 2023.



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# A HERO'S LEGACY: THE INSPIRATION FOR THE CLUB

**M**y dad is my hero. Actually, he is a hero to all Americans, one of the millions of veterans in the United States. A decorated former Army Sergeant who valiantly served in the Vietnam War. He was strong in both body and mind. However, as he got older, we noticed his cognitive abilities and mobility started to decline. A few years ago, it led to a severe fall that changed all of our lives.

The injury he sustained launched a revolving door of hospital visits and rehabilitation stays. It was difficult not only for him and our family, but most significantly for my mom. Also in her late 70s and half the size of my father, my mom's role as the primary caregiver went into overdrive. When he was home, she ensured he took his medicine, got showered and maintained his daily routine. When he was at the hospital or rehab facilities, she spent 8-10 hours by his side ensuring that he continued to take his medicine, got showered and maintained his daily routine. Regardless of location and pleas from her 3 adult children, she barely took a break.

It wasn't long before everything took a toll on her and she herself ended up in the hospital due to dehydration and exhaustion. Our family now faced a harsh reality, we had to find another option. We found an adult day care center and it changed their lives.

The experience led to our decision to start Generations Club.

We want to give other families a bridge option that keeps their loved ones at home longer and gives much needed rest and peace of mind to caregivers. Our goal is simple, we want to help families in our community by providing top-quality, compassionate day care services that are tailored to ensure each senior thrives. With a team of experienced and compassionate staff, we offer a safe and engaging environment alongside specialized programs and activities which benefits seniors and is vital for their overall well-being.



Generations Club is much more than the premier place for mature adults to socialize and engage in daily activities. Generations Clubs offers full-service care in one convenient place, which is a game changer for caregivers. We have established partnerships with some of the leading medical and personal service providers in the industry. These collaborations enable us to bring a wide array of services directly to the club, allowing for members to receive high-quality care without the stress of traveling to various locations. Whether it's routine medical check-ups, specialized therapies, or personal care services, members can access everything they need in one welcoming and familiar setting.

**At Generations Club, we are dedicated to truly making a positive impact on the lives of those we serve, especially those who served in our armed forces.**

Whether it's engaging in enriching activities, receiving medical services, or simply enjoying the

company of others, seniors at Generations Club can count on compassionate and skilled care at every turn.

If you or a loved one need daytime support, look no further than Generations Club. Our dedication to providing specialized care is evident in everything we do. Contact us today to learn more.



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# How to Exercise with Arthritis

by ArchWell Health

**E**xercise can become more difficult with age. Aches and pains from arthritis can make activities you once enjoyed feel like a chore. It can also feel overwhelming to decide what exercises will help reduce the joint stiffness and muscle pain associated with arthritis. But there is good news! Just a few minutes of movement a day can help ease the impacts arthritis has on your life. So, if regular exercise and movement is a part of your plan, you'll be able to maintain a whole and healthy life with arthritis.

It is important to always talk with your ArchWell Health provider about your individual care plan and how exercise can fit into your wellness goals. These suggestions could be a great place to start a conversation.

## Focus on Low-Impact Activities

Low impact activities and daily movement can lessen the symptoms of arthritis. Plus, these activities can help protect your knees and other joints as you age. Walking, dancing, cycling, water activities and even gardening are all examples of low-impact exercises. Using a resistance band can also be a fun, low-impact way to build strength and fight off arthritis pain. Resistance bands can be found at your gym, or are affordable to purchase online or at a local retailer.

## Remember to Stretch

Many people forget about this crucial step. Stretching in the morning can help you warm up your muscles and joints for the day. Plus, stretching your arms, shoulders, hips and knees can help increase or maintain your range of motion. This means you will be able to move throughout the day with less pain! Talk with your ArchWell Health provider about safe stretches for your body and current pain levels.

## Prioritize Nutrition

Drinking water is always important but is especially crucial after exercise. Make sure you take time to sit down with a glass of water after completing a low-impact activity or stretching. Eating certain foods can



also help reduce inflammation that contributes to arthritis discomfort. Try fueling up with fruits and vegetables, fish, olive oil, unrefined grains, nuts, seeds and beans after an activity.

## Check Out ArchWell Health's Zumba and Chair Yoga Classes

Not only are Zumba and chair yoga classes low-impact activities that can protect your joints from stress, but they are also fun ways to improve your balance and get active. ArchWell Health Centers host a range of activities every week for members. Talk to your local center today to sign up!

## Take Steps to Manage Arthritis Today

Remember you are not alone in dealing with the pain and discomfort caused by arthritis. Your ArchWell Health care team is ready to help you create a plan so that you live your life to the fullest.

For more information on how ArchWell Health can help you manage your arthritis, visit [www.archwellhealth.com](http://www.archwellhealth.com) or call (941) 297-2126.

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# Blood in Your Urine? Don't Delay, Seek Out Health Care

**B**ladder cancer is a significant health concern in the U.S., and there are some interesting gender differences to be aware of.

Bladder cancer mainly affects adults over 55, with the highest rates in those ages 65–74. It is the third most diagnosed cancer in U.S. men, who are three to four times more likely than women to develop it, due to a mix of biological, behavioral and environmental factors. Lifetime risk is about 1 in 28 for men and 1 in 91 for women.

However, women in the U.S. often experience delays in being diagnosed with the disease. Studies show that nearly 70% of women are initially diagnosed with another condition, compared to only 39% of men.

According to Elizabeth Guancial, MD, board-certified medical oncologist and hematologist with Florida Cancer Specialists & Research Institute (FCS), these delays can result in more advanced disease at the time of diagnosis and poorer outcomes for women.

Let's take a closer look:

## Warning Signs & Symptoms

There can be many warning signs of bladder cancer and the most common include:

- Blood in the urine, which may cause the urine to appear bright red or cola-colored
- Frequent urination or a strong and sudden urge to urinate, even when the bladder is not full
- Discomfort or pain while urinating
- Pain in the pelvic area, lower back or sides
- Loss of bladder control, leading to involuntary leakage of urine

Blood in the urine is the most common and often the first very visible warning sign of bladder cancer.

"For a man to have blood in his urine, that's abnormal," said Dr. Guancial, noting that primary care physicians will often check for prostatitis, an inflammation of the prostate gland, or for urinary tract infection in men, and then refer promptly to a urologist.

"With women, it takes longer," said Dr. Guancial. "They may go through multiple courses of antibiotics thinking, 'Oh, it's a urinary tract infection that's hard to treat. Maybe it's related to vaginal or postmenopausal bleeding.' Sometimes they'll even see a gynecologist before they eventually get to a urologist."

Why is early detection important? When symptoms aren't clearing up quickly, referral to a urologist is really important. Dr. Guancial explains: "When patients do get to us earlier on, once a cancer diagnosis has been made, very often they have an earlier stage of disease, and so it



opens up a lot more treatment options. And it's also associated with better outcomes. Any delay in that initial workup, I definitely think contributes to the disparity that we see in terms of gender outcome."

## Bladder Cancer Basics

The bladder is a hollow organ in the lower pelvis that stores urine. When a person urinates, the bladder's muscle walls contract, pushing urine out through the urethra. The bladder wall is made up of several layers of cells, and when the DNA in these cells changes, it can cause uncontrolled cell growth, leading to the formation of tumors.

Bladder cancer comes in several types, with urothelial carcinoma being the most common. This type begins in the cells lining the inside of the bladder and is often non-muscle invasive, meaning it stays in the bladder's inner layer. Less common types include squamous cell carcinoma and adenocarcinoma, which originates in glandular cells.

When found in early stages, bladder cancer is highly treatable and potentially curable.

## Who's at Higher Risk?

Research has shown that smoking causes about half of all bladder cancers in both men and women, due to the harmful chemicals that can accumulate and damage the bladder lining. Exposure to certain industrial chemicals, such as dyes, rubber and leather, previous radiation aimed at the pelvis or treatment with certain anti-cancer drugs, as well as chronic urinary tract inflammation or infections can increase risk. As with many forms of cancer, family history can play a role.

## Importance of Awareness

It's crucial for women and men to pay attention to their bodies and recognize that blood in the urine should be promptly evaluated. See your medical doctor if you experience this or other symptoms, which can also indicate other non-cancerous conditions. Early and accurate diagnosis is essential for effective treatment and improved outcomes.

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC (FLCancer.com)

For more than 40 years, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

In Pasco County, Board-certified physicians specializing in hematology, medical oncology, gynecologic oncology and radiation oncology provide personalized care for all forms of cancers and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.



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# GIVE THE GIFT OF MONA LISA LASER THERAPY FOR MOTHER'S DAY

By Parveen Vahora, M.D.

## MonaLisa Touch

Give the gift of comfort and confidence to all the women in your life, your wife or girlfriend, this Mother's Day with MonaLisa Touch® Laser Therapy, thoughtfully provided by Dr. Parveen Vahora. Say goodbye to the discomfort of vaginal atrophy and embrace the joy of restored intimacy. MonaLisa Touch® offers a noninvasive solution to treat the genitourinary syndrome of menopause (GSM), providing relief from symptoms like vaginal dryness and painful intercourse. Unlike estrogen-based therapies, MonaLisa Touch® offers a safe and effective alternative, making it ideal for those who cannot or choose not to use hormone-based treatments. Let your mom experience the freedom and empowerment of reclaiming her vitality and well-being this Mother's Day with MonaLisa Touch® Laser Therapy.

## MonaLisa Touch and Menopause

The MonaLisa Touch treats symptoms of GSM that most commonly occur in menopause. During menopause, your estrogen levels decrease. These hormonal changes cause your vaginal tissue to become dry and thin. This can lead to several symptoms, such as:

- Painful sexual intercourse.
- Vaginal discomfort and bleeding.
- Frequent urinary tract infections (UTIs).
- Urinary incontinence (leaking pee when you sneeze, laugh or cough).
- Vaginal irritation, itchiness or burning.

The MonaLisa Touch helps the tissues in your vagina regenerate, enabling it to become moist again. It's important to note that the MonaLisa Touch doesn't tighten your vagina. There are other methods your provider may suggest if your goal is to fix looseness or sagging. The MonaLisa Touch helps restore your vagina's lubrication, not necessarily appearance.

## MonaLisa Touch is for YOU

The ideal candidates for MonaLisa Touch treatment are people who:

- Are experiencing symptoms of low estrogen during the transition to menopause or after menopause.
- Tried other methods (such as estrogen therapy) and were unsuccessful.
- Have symptoms as a result of chemotherapy, breast cancer or hysterectomy.
- Can't take estrogen due to other health conditions or treatments.
- Have been diagnosed with vulvar disorders like lichen sclerosus.

## How the MonaLisa Touch treatment works

The MonaLisa Touch is a CO2 (carbon dioxide) fractional laser. A fractional laser delivers thousands of tiny light beams into a specific area. The laser beams destroy vaginal tissue and stimulate your vaginal tissue to generate new blood vessels and produce more collagen and elastin. This essentially causes the tissue lining to regenerate and repair itself.

## PROCEDURE DETAILS

Treatment with the MonaLisa Touch happens in your healthcare provider's office. It's similar to what happens during a Pap smear. Your provider will insert a wand-like device into your vagina to begin treatment. The device delivers tiny energy pulses into your vagina. It may feel like a vibration or a tiny prick — like the poke of a needle. Your provider will treat both the internal vaginal skin and the skin at the opening of your vagina. You need three treatments spaced about three weeks apart. Your provider may recommend annual treatments to maintain relief of your symptoms. Treatment with the MonaLisa takes about five minutes.

Recovery from MonaLisa laser therapy is quick. You can continue with your day as normal. Your vagina may feel a little irritated or uncomfortable. Applying ice packs or a lubricant may help if you feel discomfort. Avoid doing activities that cause you pain.

## RISKS / BENEFITS

Treatment with MonaLisa Touch has been shown to cause significant improvements in vaginal moisture. It can restore a person's sexual intimacy and give them confidence again. MonaLisa Touch treatment is also beneficial for people who can't take estrogen. Treatment for vaginal dryness traditionally involved estrogen medications. This means people who can't take estrogen were left without relief options before MonaLisa Touch laser treatment.

## Effectiveness

Studies show that over 80% of people are satisfied or very satisfied with the treatment results. About 90% of people rate their improvement as better or much better. Many people say they notice relief from vaginal dryness after just one treatment.

## Side Effects

Side effects are mild and don't last longer than 36 hours. The most common side effects are:

- Irritation at your vaginal opening.
- Light bleeding.
- Pink or brown vaginal discharge.
- Itching or burning sensation when you pee.
- Swelling or redness at your vaginal opening.

## RECOVERY AND OUTLOOK

Most people return to their normal activities the same day. You should refrain from intercourse for three days. You can expect to have mild irritation or discomfort for 24 to 36 hours. Discuss specific recovery instructions with your provider so you know what to expect. Contact your healthcare provider if you have uncomfortable symptoms due to vaginal dryness. They can talk to you about possible treatment options, including treatment with MonaLisa Touch.

## Treatment Cost

Your insurance doesn't cover MonaLisa Touch treatment. The exact cost of treatment depends on your location and provider. Some people may need up to five sessions initially. Most people need to return every 12 to 18 months for touch-ups. Be sure to talk to your provider about what you can expect to pay for treatment. At Vahora Gynecology we offer financing options thru Affirm. <https://www.affirm.com>

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**DR. PARVEEN S. VAHORA, MD, FACOG:** Our practice's mission is to inspire women to live their best lives by providing compassionate and personalized care. We do everything we can to make you feel as comfortable as possible. For all your women's health needs, we are here by your side through all phases of life.

Our gynecologist's office is small, intimate, and welcoming. Women under our care are treated with the utmost respect, which means we offer personalized care, educating them on conditions, treatment options, and preventive measures. Our focus is on sexual health. We are proud to offer the MonaLisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. We also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, we have got you covered.



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# SENIORS AGING IN PLACE

**F**or today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

## HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

## OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one  
**727-771-5053**

# Autism Spectrum Disorder: Can Hyperbaric Oxygen Therapy Help?

**A**utism is a spectrum disorder that is quickly increasing in rates across the world. Here in the United States, it is one of the fastest-growing developmental disabilities affecting up to 1.5 million. Commonly, social interaction and communication dysfunction are prevalent. While there are degrees of the spectrum disorder and impacts, the most common is Pervasive Developmental Disorders / PDDO.

## Early Intervention

Currently, there is no cure for Autism. However, according to the CDC, There are many types of treatments available. These include applied behavior analysis, social skills training, occupational therapy, physical therapy, sensory integration therapy, and the use of assistive technology.<sup>1</sup>

The types of treatments generally can be broken down into the following categories:<sup>1</sup>

- Behavior and Communication Approaches
- Dietary Approaches
- Medication
- Complementary and Alternative Medicine

## Alternative Treatment

The causes of Autism are still unknown, but many medical professionals and researchers feel that hypoxia (lack of oxygen to the brain) is a key element. Some also feel that infections, toxins, inflammation, and deficiencies also contribute to the disorder.

Hyperbaric Therapy for Autism – Worldwide, medical researchers are discovering promising results with the effects of hyperbaric therapy on persons with Autism. Hyperbaric oxygen therapy increases oxygen levels, reduces inflammation, helps the body remove toxins and regenerate tissues.

Hyperbaric oxygen therapy (HBOT) is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the healing processes and assists in the recovery from numerous indications.

Hyperbaric oxygen therapy is therapy is an FDA approved and lifesaving remedy for multiple conditions such as carbon monoxide poisoning and decompression sickness (the bends), and it has many off-label uses such as autism spectrum disorder.

## HBOT Autism

Over the past decade, HBOT therapy for Autism Spectrum Disorder has been utilized as a way to establish positive effects via anti-inflammatory responses, improved cognition function, behavioral and language abilities, and to reduce apprehension. It's always important to speak to your specialist, talk to other parents that have tried HBOT, and also to research any alternative options on your own. If you decide to try HBOT for your child with Autism Spectrum Disorder, finding a reputable, experienced, trustworthy clinic is critical.

Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

## Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

*HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.*



**Hyperbaric Centers of Florida**

[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.

## Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

Hyperbaric Centers of Florida is a premier Hyperbaric Treatment Facility. We serve all of North America as well as Caribbean, Latin & Central American Markets. The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multi-place Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA 510(K) cleared and compliant systems. We are treating all approved indications and selected off-label indications, as directed by a licensed physician with written orders.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

\*DISCLAIMER This information is for informational purposes only and is not intended to replace the advice of a physician! Anyone who wishes to embark on any medical program intended to prevent or treat a specific disease or condition should first consult with a qualified physician!

## REFERENCE:

1. CDC, Centers for Disease Control and Prevention, Treatment and Intervention Services for Autism Spectrum Disorder  
<https://www.cdc.gov/ncbddd/autism/treatment.html>

# PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

## Treating Shoulder Pain Successfully with Radiofrequency

**P**aula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

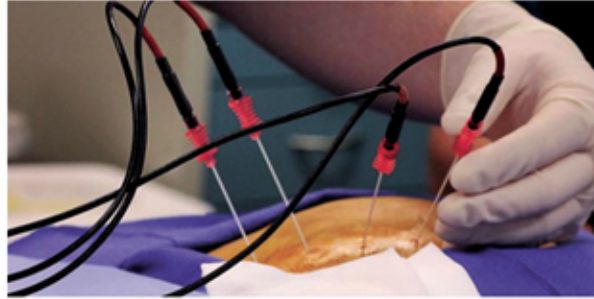
When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part."

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

### Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

**Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.**

### Nerve Blocks and Radio Frequency

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from nerve back pain.

### Regenerative Medicine

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

### More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



**Dr. Sunil Panchal**

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

At the National Institute of Spine and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

At National Institute of Spine and Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at [www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org), or call them at (813) 264-PAIN (7246).

### The National Institute of Spine and Pain

4911 Van Dyke Rd., Lutz, FL 33558  
10740 Palm River Rd, Suite 490, Tampa, FL 33619

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[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)



# Emsella - Technology to Get YOU Back to YOU

BY DR. ROBERT LUPO, D.C.

## Emsella for Men

The pelvic floor muscles form the lower part of the pelvis and support the pelvic organs, including the bladder, rectum, and prostate. When pelvic floor weakness occurs, it may lead to erectile dysfunction and premature ejaculation.

Men can suffer from incontinence associated with pelvic floor weakness. Many factors can affect male problems with incontinence and bladder leakage, with the primary cause being due to the prostate. An enlarged prostate after a prostatectomy, bladder surgery, or other prostate cancer treatments can contribute to male incontinence and erectile dysfunction. Other factors that can contribute to male incontinence include, but are not limited to, certain neurological disorders, obesity, smoking, and even family history. Men's incontinence typically involves a small amount of dribbling during exercise or at the end of the day. Chronic coughing or being overweight can put pressure on the bladder and lead to stress incontinence. Urge incontinence occurs when there is a need to urinate frequently or there is dribbling when the bladder is full.

EMSELLA treatment sessions are quick and discreet. The sessions are only about 30 minutes long and allow you to remain fully clothed while you are seated in the BTL EMSELLA treatment chair. There is no downtime needed after EMSELLA sessions, normal activities can be resumed immediately after the appointment. EMSELLA for men is the perfect option for those suffering from any form of urinary incontinence looking to regain control of the pelvic muscle and bladder.

Emsella sessions are non-invasive and allow patients to remain fully clothed throughout the entire session. EMSELLA harnesses the power of focused electromagnetic technology to stimulate the entire male pelvic floor muscle. As a result, patients attain greater neuromuscular control over the pelvic muscle. EMSELLA also treats Erectile Dysfunction by increasing penile rigidity and hardness as well as increasing control over time until ejaculation. EMSELLA patients can also expect to experience enhanced orgasms because of their EMSELLA treatments.

A full treatment lasts six sessions, spread over three weeks with two sessions a week. Each visit can cost around \$250 and lasts about 28 minutes. They involve thousands of stimulated contractions and should only cause tingling and sensations of pelvic floor contraction. We recommend one session every 1-2 months after the initial 6-session protocol.

## Emsella for Women

Many women do find they may experience incontinence or urinary leakage either during pregnancy or after childbirth. Urinary leakage during pregnancy is often caused by the weight of the baby pressing on the bladder which can put pressure on the pelvic floor muscles and can result in the symptoms of stress incontinence. Childbirth can also affect the pelvic floor muscles, especially with vaginal birth as this can put a strain on the pelvic floor and weaken the muscles. This can make it difficult to control your bladder. Half of the women can experience changes in continence following childbirth. Post-partum pelvic restoration doesn't happen overnight. Every OBGYN will tell you that Kegel exercises are necessary after childbirth to repair the damage childbirth causes to the pelvic floor. Emsella harnesses the power of high-intensity focused electromagnetic (HIFEM) technology, which stimulates the entire pelvic floor at once. A single session provides over 11,800 supramaximal pelvic floor contractions. Read that again. Over eleven thousand Kegels in less than 30 minutes.

Research has found that 95% of those treated reported significant improvement in their quality of life following six 28-minute treatments with Emsella. Most clients either no longer require the use of hygienic pads, or significantly reduced their use of pads in their day-to-day life. We recommend allowing at least 3 months before starting Emsella treatment following childbirth via C-Section and allowing 10 weeks post-natural birth. Emsella is a great prevention treatment for women who are considering starting a family. Having a strong pelvic floor is recommended to help withstand the extra weight and pressure of pregnancy. A stronger core is said to help with a faster delivery too.

You can expect a welcoming, friendly environment at Physical Medicine Center, Inc with a staff who truly cares about your progress. Our goal is your improved quality of life- that's why our comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about our natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo is the clinic director at the Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and in an auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness and balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women, Gainswave for erectile dysfunction and nutritional IV treatments.

**DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!**

## Dr. Robert Lupo, D.C.

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## Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*<sup>2</sup>In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.* Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *<sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do everything through him who gives me strength.* Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *<sup>6</sup>But godliness with contentment is great gain. <sup>7</sup>For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

**Contentment means this:** I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *<sup>15</sup>Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

**My life is a rat race, I don't know how I'm going to get it all done, I am just so exhausted, I don't know how much more of this I can take, I just want to escape**

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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Training the brain with advanced technology to correct brain imbalances.

## Innovative Brain Treatment Programs

Our unique brain training facility offers the most advanced, innovative brain treatments and programs to help retrain the brain back to balance. At Saving Your Brain, we are proud to help our patients with several diagnostic procedures and then design a gameplan for treatment and training. Our multi-disciplinary approach has been successful for many patients with conditions as ADHD, Autism, Parkinson's, Anxiety, and other mental health issues. We hope to connect with you soon to provide you with the most comprehensive training program and start your journey towards optimal brain health.

## Conditions We Help

These conditions have been proven to be clinically responsive to brain-based therapies:

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- Chronic Pain
- Concussion
- Depression
- Lyme Disease
- Memory Loss
- Migraines
- PTSD/Stress
- Sleep Issues
- Stroke
- Low Energy

## Our Services

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- Interactive Metronome
- Neuro Sensory Integration
- Right Eye Tracking
- Neurosage

## Saving Your Brain

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